



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Research on Awareness of Young People Living in Ho Chi Minh City about Nutritious Meals and a Healthy Lifestyle

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ABSTRACT

Food and water belong to the most basic physical and physiological needs of humans. Depending on the country, territory or culture, it will regulate what the people living there put into the body. Each individual will be affected by many different factors when are faced with the decision to choose the food to consume. And under the popularity of the internet as well as the development of the economy for cultural exchange and international integration, young people have been able to access more information sources. But from that also appeared modern diseases. Young people tend to live faster than before because of the trends that spread on social networks, they exercise less and eat fast food so that they can quickly return to the rotation of modern life. Through the results of comparing and contrasting documents, books, interviews as well as surveys, this article has been concluded to study the perception of young people living in Ho Chi Minh City about the importance of nutritious meals and a healthy lifestyle.

Keywords: Nutritious meal, youth, healthy lifestyle

1. Introduction

In Vietnam, the common concept of young people is people between the ages of 15 and 35. And in that, adolescence (from full 16 to under 18) is the age when there are significant and sudden changes. in terms of psycho-physiology (Hoa & Kåre, 2017). New interests, curiosity about the outside world are formed at this age due to increasing self-control and they also have more opportunities to eat outside. Eating and drinking are the most basic physiological needs of people and they are influenced by many factors such as preferences, habits, living environment, culture and society at that time when faced with the decision to choose anything for the meal. As we all know, the world is in the era of the industrial revolution 4.0, which is a highly combined system of physical and digital hyperlinks with the focus on the Internet. Young people, who are more dynamic, creative and tech-savvy than previous generations, can access information quickly. It is not surprising that thinking and thinking are constantly changing and new habits and hobbies are formed, explosive trends spread all over the web and then slowly fade away. For example, taking a video to share your feelings when you find a new dish or posting information about a delicious restaurant that has just opened on typical social networking sites such as Facebook, Instagram, Tiktok makes young people excited and flock to experience the food. And when young people get used to the item, they will continue to hunt for other new trends. They change their eating habits constantly with greasy, sugary and starchy foods that seem to be eye-catching and stimulate appetite but are actually not full of nutrients. Gradually forming an unhealthy lifestyle, increasing the risk of obesity, chronic diseases. The analysis of young people's awareness of nutrition will contribute to building a healthy lifestyle as well as a basis for proposing measures to avoid diseases in the future.

2. Research history

According to Quyen (2013), food, eating and nutrition are three different concepts but closely related to each other. Food, also known as feed, consists mainly of substances such as carbohydrates, fats, proteins, minerals or water. And the action that people put food into the body to nourish the body or to satisfy a hobby is called eating. The concept of nutrition is not only substances present in food but also includes natural, social, socio-cultural and scientific conditions. According to Olsen (2004), food and seafood consumption behavior is influenced by many factors related to product attributes, individual personality, cultural and social environment. Economic development goes hand in hand with global cultural exchange, young people come into

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contact with many different cuisines. The strangest dishes in terms of form, color and taste are those fried with fat, starch and sugar, which arouse the feeling of wanting to try experiences of young people a lot. But how many percent of young people understand that these eye-catching dishes not only do not have much nutrition, but eating too much is also harmful to health. In recent years, the prevalence of overweight and obesity among adolescents has increased significantly. The main cause is due to unhealthy eating habits (Pham et al., 2019). In the article by Zalewska & Maciorkowska (2017), it is clear that irregular eating habits such as consuming too much energy, using fatty and greasy foods, eating a lot of sugar, salt, drinking soft drinks carbonated drinks, skipping breakfast are common problems that young people have. Habits are a series of conditioned reflexes that are repeated many times in life, and once a habit is formed, it is difficult to break. Therefore, people who are conscious about nutrition as well as health will avoid doing things that harm themselves and tend to seek and participate in healthy activities and lifestyles (Nguyen & Trang, 2021).

3. Actual situation of diet and lifestyle of young people living in Ho Chi Minh City

3.1 Young people aged 18 years and older

Young people from the age of 18 and earlier often live with their families, often with their parents managing pocket money, meals as well as the rhythm of life. This is also the age when they are studying in middle or high schools, the school's schedule will be more fixed than that of higher-level students, so the time students have to eat breakfast and weekday lunch will not move much. Breakfast is the most important meal of the day. They will eat breakfast cooked by their parents, get money to buy breakfast food or eat a cake or milk carton in time for class or skip breakfast altogether until lunchtime. According to Hanh et al (2021), students who often skip breakfast have a higher risk of overweight and obesity than the rest. In addition, many schools have their own canteens on campus, so students can easily buy snacks. And students who have a preference to eat foods rich in fat, sugar, and carbonated drinks are also at greater risk of being overweight and obese. If they are not strictly controlled by their parents, they will eat freely and form unhealthy habits.

3.2 Young people aged 18 years and above

After the age of 18, the vast majority of young people will choose to continue their education and depending on the location of the university or college, students will live with their families or live away from home. According to (2015), factors such as breakfast, snack, late-night meal, skipping meals, level of fast food use, hobbies, sleep, and part-time jobs will affect students' decision on what to choose for their career, their meals and lifestyle. Subjects living far from home will be less restrained by their parents in eating and living activities than the rest of the students. The schedule of universities and colleges is often not fixed, can start from early morning, midday or afternoon, so it depends on the schedule that students eat breakfast early or late, wake up late or not, Do you skip meals, stay up late to do your homework in time, and eat snacks every time you stay up late? Moreover, most students have their own transportation, so they can go shopping and eat with friends in their spare time. Although the busy student life or the unstable school schedule makes the living time, the biological clock to be reversed, it can form unhealthy living habits later on, but the students who are health-conscious or People who are interested in body shape will tend to learn about diets that fit their lifestyle, regularly practice sports or simply follow the exercises posted online to build their body.

4. Methods, objectives, scope and objects of research

This study is based on the survey process as well as data analysis from previous and current studies. Quantitative and qualitative research methods are mainly used. The objective of this study is to analyze the perception as well as the factors that will affect the young people living in Ho Chi Minh City which foods and lifestyles will choose, thereby proposing solutions. to build a healthy diet and long-term healthy lifestyle. The results of the study were conducted based on a survey, collecting opinions of 25 students aged 18 years or earlier and university students living with their families or living away from home.

5. Research results and discussion

Young people's awareness of what a nutritious meal is is quite high, ranging from knowing well, knowing quite well or knowing a little. There are only a few young people who are not interested in this issue, so they do not learn, research or do not know.

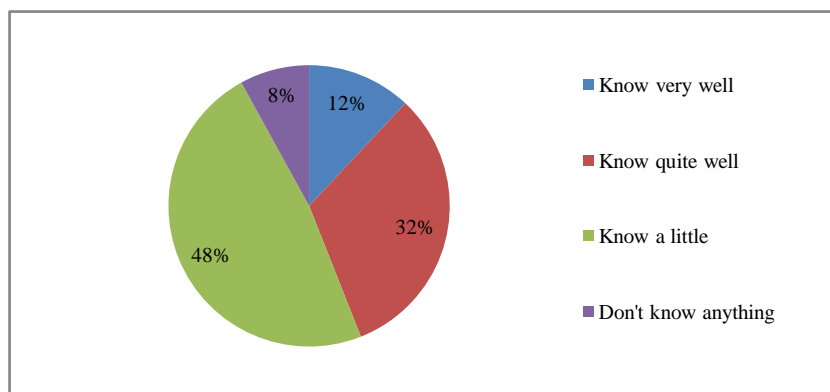


Fig.1: Young people's awareness and consciousness about a nutritious meal

According to the survey results of young people living in Ho Chi Minh City, up to 92% of the surveyed people can define what a nutritious meal consists of (Figure 1). Only the remaining 8% are not interested or know nothing about this. This shows that the majority of young people have equipped themselves with knowledge about food and food nutrition.

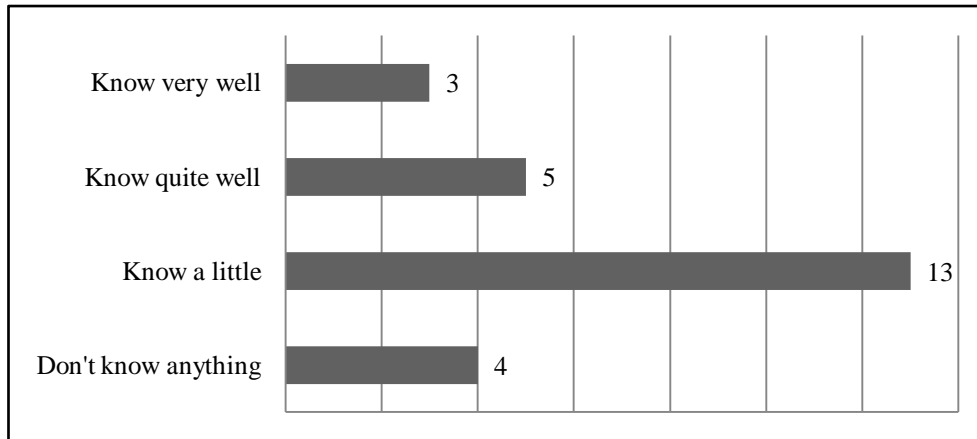


Fig. 2: Learn about dietary methods In addition to being aware of a nutritious meal

At the same time, most young people have learned or heard about dietary methods to supplement their knowledge. Up to 84% of young people have heard or know about dietary methods (Figure 2). Only 16% are completely unheard of or don't know anything about it. From there, it can be concluded that not only nutrition in food, but also young people's awareness of how to eat properly.

Table 1: Diet and lifestyle of young people living in Ho Chi Minh City

No	Diet and lifestyle	Score					Total reply	total score	Average score
		1	2	3	4	5			
1	Having a full breakfast, don't skip meals	4	6	8	4	3	25	71	0.14
2	Building a nutritious meal	1	5	11	5	3	25	79	0.16
3	Doing exercise or playing sports	2	6	9	7	1	25	74	0.15
4	Using instant food because there is no time to cook	2	7	8	7	1	25	73	0.15
5	Eating foods high in fat, starch, sugar, fast food	3	9	7	5	1	25	67	0.13
6	Staying up late	6	11	4	2	2	25	58	0.12
7	Snacking or eating late at night	2	6	9	5	3	25	76	0.15
								495	1.00

Applying a 5-point Likert scale with frequency from always to never to survey the diet, lifestyle, and activities of young people living in Ho Chi Minh City. The results show that young people always eat a full breakfast, try to build a nutritious meal and be physically active. But because of busy times, up to 84% of survey participants stayed up late at night with high levels ranging from always, often to occasionally (Table 1). Only 16% do not stay up late or very rarely. This shows that staying up late has an adverse effect on a healthy lifestyle, but most young people have it. According to Spiegel et al. (1999), sleep plays an important role in physiology as well as human health. Staying up late often leads to sleep deprivation and it has a negative impact on metabolic parameters such as insulin sensitivity and glucose tolerance, indicators associated with obesity, diabetes and cardiovascular diseases.

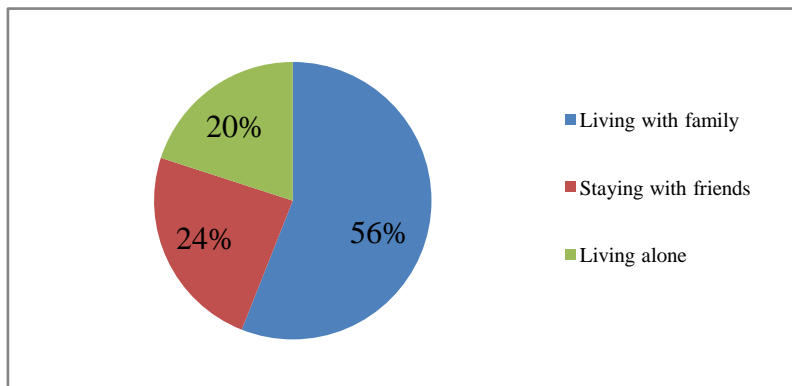


Fig.3: Living status of young people in Ho Chi Minh City

According to Olsen (2004), food consumption behavior will be influenced by factors related to their living environment. With 56% of young people living with their families, their diet and lifestyle are often more tightly controlled by their parents than the remaining % of those who go to school away from home and are staying in boarding houses (Figure 2). Without high discipline, being reminded regularly will easily fall into an unhealthy lifestyle.

Through a question-answer interview conducted on Google Form with the question posed to 25 students and students living in Ho Chi Minh City: "Do you feel that your body shape or lifestyle is not yet achieved, need to improve but still can't do it? Why did this happen?" The majority of survey respondents answered that they are not satisfied with their body shape or lifestyle, but because of indiscriminate eating, not moderation or too busy, no time, they still have not improved their unhealthy lifestyle.

6. Some solutions

After analyzing and surveying students' opinions, a number of measures have been proposed so that young people can build a healthier lifestyle.

First, find out the diet methods and lifestyle that work best for you. With the development of the internet, young people can learn information easily. Comparing and evaluating methods, there is no such thing as the most divine diet, only the one that suits you best. Regardless of the diet, it must be applied for a long time, becoming a lifestyle is called a successful diet.

Second, if you can't maintain your fitness, find an ally or log your daily workout, it will create motivation to keep going every day. If you don't have time to exercise, at least move your body. Instead of taking the elevator, walk, instead of sitting on the phone, go around the house, etc.

In addition, if it is still difficult, students need to control what they put into their body. 30% of weight loss or maintenance is due to exercise, but up to 70% is due to eating. Pay attention to your calorie intake and calorie intake, and try to eat nutritious foods, not fancy foods. Do not surf Facebook or Tiktok to watch videos of food reviews, but focus on your meal. According to Quyen (2013), nutrition and eating have a close relationship with taste tastes. That is the perception, preference, and love of people about food through the senses. When watching beautifully edited videos combined with delicious audio often makes people have more cravings and eat better. As a result, because I did not focus on the meal, I did not know that I was full and took in more than the required amount.

Finally, decide to exercise for 5 seconds but don't suggest that you have to go to bed early. For exercise, when intending to quit exercising, instead of making excuses to avoid the practice, countdown 5 seconds and then make the final decision. The countdown method works to boost motivation in the face of challenges, but don't suggest yourself to wanting to sleep early. For example, I know I have to go to bed early, don't stay up late, but my mind keeps running through thoughts "if I don't go to bed early, I only have four hours before work and I can't study effectively, etc." makes it more difficult for me to sleep and stay awake. Calm down and stay away from electronic devices and caffeine before bedtime.

7. Conclusion

In the 4.0 era, young people who are more dynamic, creative and tech-savvy than other generations can access information quickly. Students can actively seek and equip themselves with knowledge about meal nutrition. However, building a healthy lifestyle as well as maintaining it is difficult. Although they want to do it, some factors such as living environment as well as living time have more or less influence on the construction and maintenance. Through a number of suggestions as well as the students themselves, students themselves make their effort to find the most suitable eating method for themselves, actively using healthy foods and actively changing unhealthy lifestyles will improve their quality of life in the long run, both physically and mentally.

Limitation of the research

The article still has some limitations in terms of content and form. Hopefully the article will be improved better in the not too distant future.

Acknowledgement

To complete this article is the support and input of the instructors as well as the students who participated in the survey. Thanks to that, the article has valuable materials and can be completed in the most accurate way.

Consent and ethical approval

As per international standard or university standard guideline participant consent and ethical approval has been collected and preserved by the authors.

Compete of interests

Author has declared that no competing interests exist.

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